

Bumps to Bigs



Prenatal Appointment Tracker

The “I’m Growing a Human” Edition

Track your journey from bump to baby with this easy-to-use guide. Includes key milestones, space for notes, and gentle reminders that you’re doing great.

First Trimester (Weeks 4–12)

	Week	Appointment Type	What to Expect	Notes
☐	6–8	First Prenatal Visit	Confirm pregnancy, estimate due date, bloodwork, urine test	
☐	10–12	Routine Check-In	Listen for baby’s heartbeat, discuss genetic screening options	

Second Trimester (Weeks 13–27)

	Week	Appointment Type	What to Expect	Notes
☐	16	Routine Check-In	Fetal heartbeat, vitals, maybe early gender peek	
☐	20	Anatomy Scan	Detailed ultrasound of baby’s development	
☐	24	Glucose Screening Prep	Measure fundal height, fetal movement check	

Third Trimester (Weeks 28–40)

	Week	Appointment Type	What to Expect	Notes
☐	28	Routine Check-In	Rh factor shot (if needed), glucose results, birth plan chat	
☐	32	Routine Check-In	Baby's position, swelling review, growth check	
☐	36	Group B Strep Test	Cervical check, labor signs discussion	
☐	37–40	Weekly Visits	Monitor baby's position, dilation, contractions, and your sanity	

Questions to Ask

- What's normal at this stage?
 - Can I still eat (*insert craving here*)?
 - How do I know if it's labor or just gas?
 - What's the plan if baby arrives early or late?
-

Milestone Moments

-  First heartbeat heard
-  First kick felt
-  First ultrasound photo
-  Hospital bag packed
-  Baby's birthday!

Visit www.Bumpstobigs.com for more information